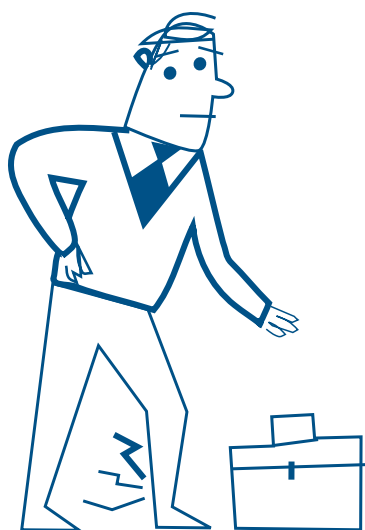
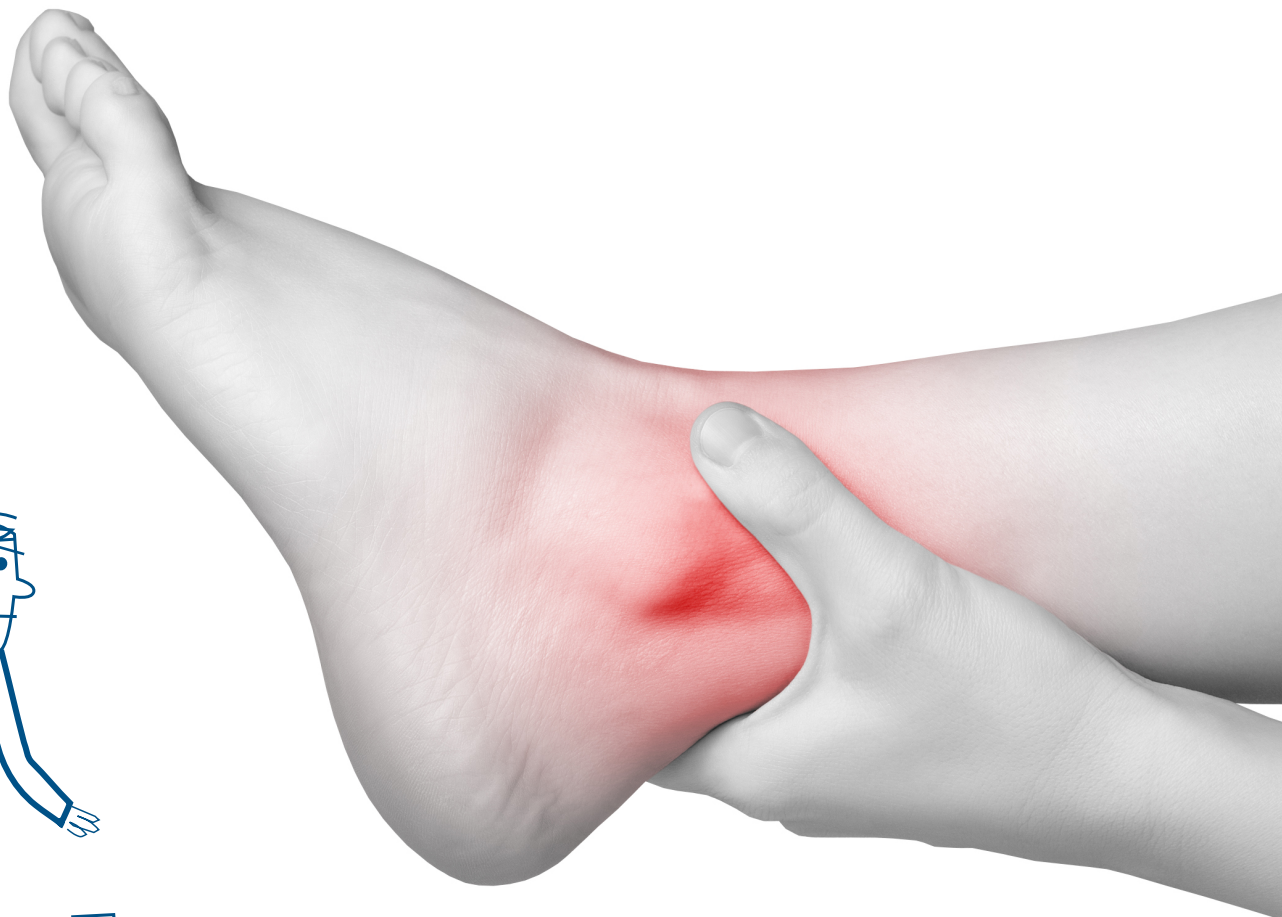


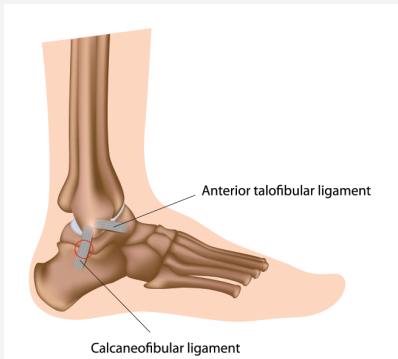
# Ankle Sprain



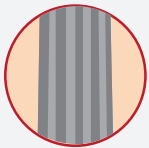
## *The conditions*

- Lateral / Medial Ligament Strain or Tear
- Inferior Tibio-fibular Joint Sprain (High Ankle Sprain)

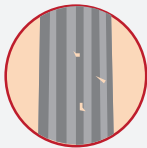
## Lateral Ankle Sprain



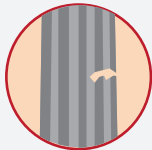
Recurrence of ankle sprains is common if specific balance training is not carried out.



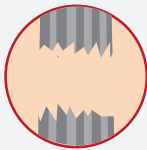
Normal



Grade 1 Sprain



Grade 2 Sprain



Grade 3 Sprain

## About the conditions

The ankle is most commonly sprained by what is called an “inversion” injury, which means the ankle has rolled over and inwards. This overstretches and strains the lateral (outside) ligaments of the ankle. The reverse injury (an “eversion” strain) is less common and involves a greater force that pushes the ankle outwards. This strains the medial (inside) ligament. A high ankle sprain often occurs with a more serious forced landing or twisting injury.

## Usual symptoms include

- Pain and swelling around the ankle joint.
- Pain and difficulty walking particularly over uneven ground, running, squatting.
- Weakness of the ankle muscles and loss of balance reactions.

## What we can do to help

- We use soft tissue therapy, RICE and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue.
- We use manual therapy techniques to restore movement at the ankle joint.
- We progressively strengthen the weakened ankle by teaching you specific exercises and help you improve your joint stability and balance.
- We use tape or bracing to support the ankle and prevent a recurrence of the tear and also teach you how to tape the ankle yourself and progressively return you to daily and sporting activities

Your local Active+ clinic:

Copyright © Active Ltd 2017. This information is general advice only and is not intended to replace a medical consultation.

0800 22 44 86 [www.activeplus.co.nz](http://www.activeplus.co.nz)

+ Rehab + Pilates + Physio + Injury Prevention + Gym

